

Lesdag/tijd	Sportstudio (beneden)	Trainer	Cursusruimte 2/3 (boven)	Trainer	Overige locatie	Trainer
Maandag						
08.45-09.45			BBB	Sylvia		
09.00-10.00	Move it 60+	Marieke				
10.00-11.00	Move it	Marieke	Yoga Do In	Ria		
19.00-20.00	Powerpump	Sylvia				
20.00-21.00	Spinning	Anja				
Dinsdag						
09.00-10.00					Circuittraining	Freek
18.30-19.30	Total Body Workout	Sander			(Fitness Dobber 9)	
19.30-20.30	Powerpump	Robin				
20.30-21.30	Spinning (vanaf oktober)	Robin				
19.00-20.00			Poweryoga	Sylvia		
20.00-21.00			Pilates	Sylvia	Bootcamp	Freek
Woensdag						
08.45-09.45	Spinning	Anja				
09.00-10.00					Circuittraining	Freek
10.00-11.00	BBB	Sylvia	Yoga	Jet	(Fitness Dobber 9)	
11.15-12.15			Yoga 60+	Jet		
19.00-20.00	Move It	Ester				
20.00-21.00	Move It	Ester				
Donderdag						
19.00-20.00	Spinning	Leonie	Alignment Yoga	Laura	Circuittraining	Sander
20.00-21.00	Fitboksen	Shannon			(Fitness Dobber 9)	
20.15-21.15			Pilates	Celine		
Vrijdag						
08.45-09.45	Move it	Sylvia				
09.45-10.45	Move it 60+	Sylvia				
Zaterdag						
08.30-09.30	Bodyshape	Graciela				
09.30-10.30	Spinning	Corine				
10.00-11.00					Circuittraining	Connie
Zondag						
09.30-10.30					Bootcamp	Freek/Danielle